



NEWSLETTER

LEISURE EDUCATION

March/April 2024

NEW!

**TWO-MONTH
EDITION**



FOR EXCEPTIONAL PEOPLE

ENRICHING LIVES
THROUGH
INCLUSIVE
EDUCATION,
RECREATION, AND
HEALTHY LIVING
OPPORTUNITIES

WHAT'S INSIDE:

- Night Activities
- Special Events
- Special Olympics
- LEEP Beats and Sweets Dance
- LEEP Legends Managers
- Newsletter Changes
- Bad Weather Reminder
- March & April Calendars

March/April 2024

07
MAR

National Cereal Day

Cereal makes a great snack, but is it always healthy? Learn about how much sugar is in various types of cereal and which cereals have the best nutrition for the lowest cost. We will taste test a variety of cereals and you can make your own cereal snack mix. LEEP | 6:30-7:30 pm | Limit: 30 | Cost: \$12

12
MAR

Creative Craft Night - St. Patrick's Day

Come get creative with a variety of St. Patrick's Day crafts! Paint a rainbow with a pot of gold, make shamrock art, and so much more. We will enjoy Leprechaun Juice and shamrock cookies. LEEP | 6:30-7:30 pm | Limit: 20 | Cost: \$12

14
MAR

March Birthday Bingo

Join us with another month of birthday bingo! As usual, there will be great prizes and lots of friendly competition! You get in free if your birthday is in March, so tell us when you sign up! LEEP Offices | 6:30-7:30 pm | Limit: 30 | Cost: \$10

19
MAR

Everyone is a STAR Karaoke

Put in your request and sing your heart out. Everyone is a STAR at LEEP Karaoke. Even if you don't want to sing, you can listen to the music and maybe even dance. LEEP Offices | 6:30-7:30 pm | Limit: 25 | Cost: \$10

21
MAR

Indoor Kickball and Whiffleball

Play some favorite games in the gym, it's all about fun and getting our bodies moving! Get ready, set, kick! LEEP | 6:30-7:30 pm | Limit: 15 | Cost: \$14

26
MAR

Walking Club at Spring Lake Park

Get outside and join us for some low-impact walking! Improve health while spending time with LEEP friends. Dress for the weather and wear good walking shoes. Unless it's pouring rain we will still walk. Questions about weather call 507-387-5122 and PRESS 3. **Spring Lake Park*** | 5:00-5:45 pm | Limit: 20 | Cost: \$8
**650 Webster Ave: Meet by the BIG picnic shelter near the lake on the swimming pool side of the park*

04
APR

Birthday Bingo

3

Join us with another month of birthday bingo! As usual, there will be great prizes and lots of friendly competition! You get in free if your birthday is in April! Tell us when you register! LEEP | 6:30-7:30 pm | Limit: 30 | Cost: \$10

09
APR

Spring Flower Cookie Decorating

Be sure to sign up right away for this popular activity, it fills up quickly! We will listen to music and decorate spring flower cookies while sipping on springtime lemonade. You will get to taste-test your cookies and take some home to give out to friends or family for the holiday! LEEP | 6:30-7:30 pm | Limit: 25 | Cost: \$14

11
APR

Dance Moves and MORE

Try some new dance moves that you can show off at the April 12 Dance. We will practice old favorites like the Electric Slide, Macarena and more. Learn and practice how to ask someone to dance, start a conversation and feel confident on the dance floor. LEEP Offices | 6:30-7:30 pm | Limit: 25 | Cost: \$10

16
APR

Open Gym Night

Get active with us at Open Gym night. Basketballs, beach balls, pickleball and more to get your body moving. Dress to be active, including wearing comfortable shoes and bring a water bottle. LEEP | 6:30-7:30 pm | Limit: 30 | Cost: \$10

18
APR

Walking Club at Spring Lake Park

Get outside and join us for some low-impact walking! Improve health while spending time with LEEP friends. Dress for the weather and wear good walking shoes. Unless it's pouring rain we will still walk. Questions about weather call 507-387-5122 and PRESS 3. **Spring Lake Park*** | 5:00-5:45 pm | Limit: 20 | Cost: \$8 *650 Webster Ave: Meet by the BIG picnic shelter near the lake on the swimming pool side of the park

23
APR

National "Take a Chance" Day

What if this was the day to take the chance to make something happen? Even if it is just the first step toward a goal, you can be one step closer than before. Design a "dream/vision board" with one or two goals. We will talk about the steps you might take to make those dreams happen!
LEEP | 6:30-7:30 pm | Limit: 20 | Cost: \$14

25
APR

Popcorn & A Show

Enjoy a night out and unwind with your friends at LEEP! We will be watching a fun show while snacking on hot, delicious popcorn; bring your own water bottle!
LEEP | 6:30-8:00* (note longer time) | Limit: 30 | Cost: \$10

MAKE AND TAKE MEALS WITH HY-VEE

MAKE YOUR MEALS WITH THE HELP OF A HY-VEE DIETITIAN! WE WILL MAKE: HONEY GARLIC CHICKEN AND VEGETABLES AND TURKEY MEATBALLS WITH HOMEMADE PASTA SAUCE. MEALS FEED 4-6 PEOPLE, SO YOU CAN FREEZE FOR LATER OR STORE IT IN THE FRIDGE. INVITE YOUR FRIENDS, HOUSE MATES OR FAMILY OVER TO ENJOY A MEAL YOU MADE YOURSELF!



Saturday, March 2
Time: 1:00 – 2:30 pm. | Limit: 12 | Cost: \$40
Hy-Vee Grocery Store (Hilltop), 2010 Adams Street
*MEET in the dining area



PIZZA AND GAME NIGHT

FRIDAY,
MARCH 15

UNO, Pictionary, Charades, and more . . . join your LEEP friends for a fun-filled night! We will play your favorite board games and even try some new games. Pizza and pop will be provided!

Location: LEEP Office, 1315 Stadium Road
Time: 6:30-8:00 pm | Limit: 30 | Cost: \$20



SCIENCE MUSEUM OF MINNESOTA AND OMNITHEATER



SATURDAY,
MARCH 23

WE ARE HEADED TO THE SCIENCE MUSEUM OF MN IN ST. PAUL. THE OMNITHEATER IS PLAYING "STELLAR TOURS, A STAR IS BORN," REAL-LIFE IMAGES FROM SPACE WILL GIVE US A GLIMPSE INTO THE BRIGHTEST BODIES IN OUR UNIVERSE. AFTER THE MOVIE WE WILL SPEND SOME TIME TOURING THE EXHIBITS. WE WILL STOP AT A FAST FOOD RESTAURANT FOR DINNER; BRING \$20 CASH FOR YOUR DINNER.

PARTICIPANTS FOR THIS EVENT NEED TO BE ABLE TO BE IN THE COMMUNITY WITH A 1:4 STAFF-TO-PARTICIPANT RATIO. IF YOU REQUIRE 1:1 SUPPORT, YOU MAY DRIVE SEPARATELY AND MEET THE GROUP AT THE SCIENCE MUSEUM. TICKET/MUSEUM COSTS ARE NOT PROVIDED FOR SUPPORT STAFF.

LOCATION: MEET AT LEEP OFFICES, 1315 STADIUM ROAD | TIME: 11:30 AM-7:00 PM | LIMIT: 11 | COST: \$60





SATURDAY APRIL 20 | 12:30 - 3:30 PM

Little Mermaid on Ice and Ice Cream Sundaes

Join us as we watch the Mankato Figure Skating performance of the Little Mermaid on Ice at All Season Arena. After the performance, we will head back to the LEEP office for Ice Cream Sundaes and fun activities. Please dress appropriately for sitting in a cold environment. *If Support Staff need to attend with a participant, they must also register; ticket cost is \$8.00.

Location: Meet @ LEEP (1315 Stadium Road)

Time: 12:30 p.m. - 3:30 p.m. | Limit: 20 | Cost: \$24

FRIDAY NIGHT *Dinner Out*

PUB 500 | Friday, April 26 | 5:30 pm - 7:00 p.m.

Hang out with your LEEP friends and have dinner out. Pub 500 has a big menu with lots of choices for everyone. We will play some conversation games and learn more about each other too. Please bring your own cash for dinner, suggested amount of \$25.00 to cover dinner/drink and tip.

Location: Pub 500, 500 S Front St | Time: 5:30 - 7:00 p.m. | Limit: 15 | Cost: \$14

SERVICE WITH HEART: MAY DAY BASKETS FOR MYPLACE



Give of your heart and serve your community! Helping others is one way to feel better about yourself. LEEP members will come together to make special May Day baskets for the children who come to MyPlace. You can also personalize a special note. We will talk about other ways LEEP Members can volunteer in the community and share snacks and drinks!

Location: 1315 Stadium Road | Time: 6:30 p.m. - 8:00 p.m. | Limit: 30 | Cost: \$10



SPECIAL OLYMPICS

SWIMMING

Dates: Tuesdays - March 19 - June 16

Location: Mankato East High School Swimming Pool

Time: 5:30* - 7:00 pm *Please note the earlier start time to allow for a full hour in the pool.

Cost: \$200 (Practice & facility fees, use of kick board & pull buoy, Regional Competition & Regional transportation) | additional \$100 for State Competition and transportation

Payments: Pay in full or payments: \$66 due March 28; \$67 due April 25; \$67 due May 23; State payment (\$100) due in full by April 25

Regional Competition: Sunday, April 28, 2024 @ Rochester Recreation Center (times TBD)

State Competition: Saturday/Sunday, June 15-16, 2024 @ Lakeville (times TBD)



**Special
Olympics**
Minnesota

FULL- AND HALF-COURT BASKETBALL

We are in-need of more players to make a full-court team, previous basketball experience isn't required! Please note that we will only have a full-court team if we have enough athletes who can participate on a full-court team.

Dates: Mondays - March 18 - June 24

Location: MyPlace Gym, 1315 Stadium Road

Time: 6:00 - 8:00 pm (exact practice time will depend on team placement)

Cost: \$150 (Practice & facility fees, use of jersey, equipment, Regional competition & Regional transportation) | additional \$100 for State Competition and transportation

Payments: Pay in full or payments: \$50 due March 20; \$50 due week of April 17; \$50 due week of May 15; State payment (\$100) due in full week of April 17

Regional Competition: Sunday, April 21, 2024 @ Gustavus Adolphus College (times TBD)

State Competition: Friday/Saturday/Sunday, June 21-23, 2024 @ Stillwater High School (days and times TBD)

TRACK & FIELD

Calling all runners or walkers, we are recruiting more athletes to participate in Track & Field! You don't have to have any experience to participate; you just need a willingness to work towards a goal, have fun, and be a part of a team!

Dates: Wednesdays - April 10 - June 26 (actual start date depends on weather)

Location: Mankato East High School Track

Time: 6:30 - 7:30 pm

Cost: \$150 (Practice & facility fees, t-shirt, Regional competition, & Regional transportation) | additional \$100 for State Competition and transportation

Payments: Pay in full or payments: \$50 due April 19; \$50 due May 24; \$50 due June 14; State payment (\$100) due in full May 24

Regional Competition: Sunday, May 12 @ Rochester (times TBD)

State Competition: Friday-Sunday, June 21-23, 2023 @ Stillwater High School (days and times TBD)

UPCOMING SPECIAL OLYMPICS COMPETITIONS

State Powerlifting Competition: Saturday, March 9, 2024 @ Stillwater High School (Oak Park Heights)

Regional Swimming Competition: Sunday, April 28, 2024 @ Rochester Recreation Center (times TBD)

Regional Basketball Competition: Sunday, April 21, 2024 @ Gustavus Adolphus College (times TBD)

Regional Track & Field Competition: Sunday, May 12 @ Rochester (times TBD)

SAVE THE DATE!!

SPRING GLOW DANCE

BEATS AND SWEETS

JOIN LEEP FOR A NIGHT TO REMEMBER!
COST INCLUDES A DJ, DANCING, GAMES, CRAFTS, SNACKS AND MORE!

DATE: APRIL 12TH 7-9 PM

LOCATION: 1315 STADIUM RD MANKATO

COST: \$15 (STAFF AND CAREGIVERS GET IN FREE)

*NO RE-ENTRY POLICY AT LEEP DANCES

LEEP LEGENDS 2024 TEAM MANAGERS

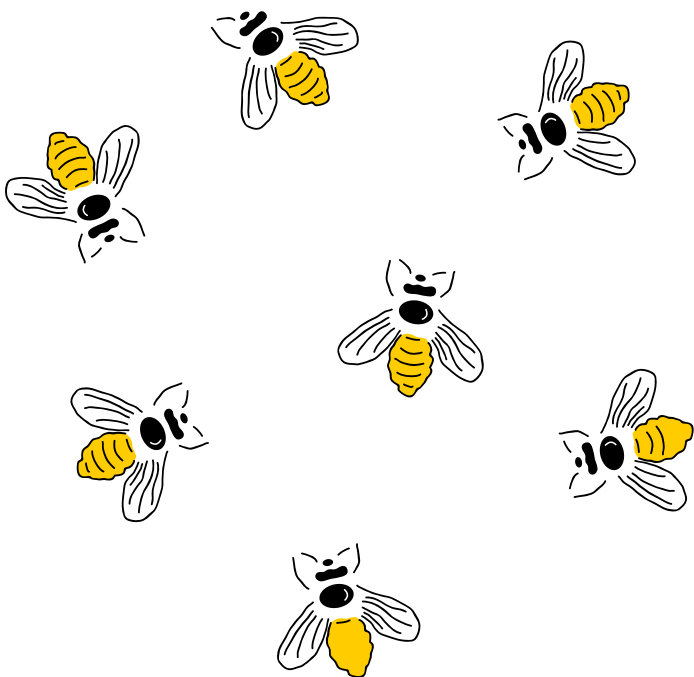


**Join LEEP as a Team Manager
at LEEP Legends 2024!**

Call the LEEP office at 507-387-5122 if you are interested in having your name entered into a drawing for the managers. Team managers will be announced in one of our upcoming newsletters!

LEEP Legends 2024 is Thursday, August 8 @ ISG Field!

X	CODE	DATE	ACTIVITY/SPORT	FEE	X	CODE	DATE	ACTIVITY/SPORT	FEE
NIGHT ACTIVITIES					NIGHT ACTIVITIES				
	NA	3/7	National Cereal Day	\$12		NA	4/4	Birthday Bingo	\$10
	NA	3/12	St. Patrick's Day Crafts	\$12		NA	4/9	Spring Flower Cookie Decorating	\$14
	NA	3/14	Birthday Bingo	\$10		NA	4/11	Dance Moves and MORE	\$10
	NA	3/19	Everybody is a STAR Karaoke	\$10		NA	4/16	Open Gym Night	\$10
	NA	3/21	Indoor Kickball and WhiffleBall	\$14		NA	4/18	Walking Club @ Spring Lake Park	\$8
	NA	3/26	Walking Club @ Spring Lake Park	\$8		NA	4/23	National "Take A Chance" Day	\$14
SPECIAL EVENTS						NA	4/25	Popcorn & A Show	\$10
	SE	3/2	Make and Take Meals at Hyvee	\$40	SPECIAL EVENTS				
	SE	3/15	Game Night and Pizza	\$20		SE	4/20	Little Mermaid on Ice	\$24
	SE	3/23	Science Museum & OMNI Theater	\$60		SE	4/26	Friday Night Out- Pub 500	\$14
SPECIAL OLYMPICS						SE	4/30	Hearts of Service: May Day Baskets	\$10
	SO	Mar-Jun	Basketball	\$150	DANCES				
	SO	Mar-Jun	Swimming	\$200		Dance	4/12	LEEP Beats and Sweets	\$15
	SO	Apr-Jun	Track and Field	\$150	2024 MEMBERSHIP				
2024 MEMBERSHIP					2024 MEMBERSHIP				
Paperwork and payment after January 1, 2024				\$55	Paperwork and payment after January 1, 2024				\$55
TOTAL AMOUNT DUE:					TOTAL AMOUNT DUE:				



PLEASE NOTE THE LOCATION OF SPECIAL EVENTS AS WELL AS WHERE YOU'RE SUPPOSED TO MEET. LEEP STAFF MAKE EVERY EFFORT TO MAKE SURE THAT NO ONE IS LEFT BEHIND. IF THERE ARE QUESTIONS, PLEASE CALL THE LEEP OFFICE.

NAME: _____

PHONE: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

To make sure you're signed up, please call the LEEP office (507-387-5122) and we will confirm your registration. You may bring the payment to the first activity you participate in each month. You may also drop off or mail your payment after we confirm your registration. PLEASE NOTE: The U.S. Postal System has been extremely slow lately.

NEWSLETTER CHANGES

Notice something new about this month's newsletter? Moving forward, LEEP will be having multi-month newsletters, starting with March and April. You are not required to pay for the second month of events when signing up, but we recommend that you still register for both at the same time as events may still fill up quickly! As per usual, the payment for events that month will be due by or at the first event of the month, so if you sign up for both March and April, only March event payment is due in March and April event payment is due in April. We will accept early payments if it is easier to pay for all events at the same time.

REMINDERS:

- LEEP has been flexible but is working to get account balances paid in full.
- Please pay for the entire month of activities AFTER LEEP staff confirm your registration.
- Payment plans are available but should be requested by calling 507-387-5122.
- Cancellations are appreciated as soon as possible. For night activities, participants must call the LEEP office no less than 24 hours before the event to get a credit/refund. For special events on weekends, they must call Thursday before 12 pm to get a credit/ refund.
- To check on LEEP cancellations, please call 507-387-5122 (press 3).

SCHOLARSHIPS:

Looking forward to that special activity, but it's slightly out of your budget? Come into our office and fill out our scholarship form before the event and get up to 50% of your costs covered for the event! This can be used for Special Events, Night Activities, Leagues and Special Olympics sports.

- Applications can be found online at www.mankatoleep.org.
- All scholarships are given at the discretion of the Executive Director. Scholarships are limited per event.

LEEP 2024 REGISTRATION:

- 2024 LEEP membership information is available at <https://www.mankatoleep.org/membership>
- NEW members, please go online or call the LEEP office at 507-387-5122 and we will get you membership information.
- ALL annual memberships are now \$55.
- A LEEP membership makes a great gift!

BAD WEATHER REMINDER

Decisions regarding program cancellations will typically be decided by 2:00 p.m. on the date of the scheduled event or 2 hours prior to practice for Special Olympics cancellations. LEEP follows Mankato Area Public Schools' winter weather policy and will automatically close/cancel if school is canceled due to weather. When possible, LEEP staff/volunteers will call registered participants to notify them of a cancellation in advance. Cancellation notices may also be posted on LEEP's social media accounts.

Please call the LEEP cancellation line at 507-387-5122 (option 3) and listen to the recorded message to learn whether or not an activity/event/program will be held. **PLEASE NOTE:** Voice messages left at this number will not be checked or returned.

LEEP requires that participants are properly prepared and dressed to participate in LEEP activities/events/programs. Participants should be dressed appropriately for the anticipated weather and have any other items they need to help keep them safe and healthy. In winter participants should be dressed in a winter jacket in addition to wearing winter boots, a scarf, mittens/gloves, a hat/earmuffs, etc. Layering of clothing is a good idea, especially during activities/events/programs that last for several hours or more.

MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ACTIVITY LOCATIONS: LEEP - 1315 Stadium Rd; Mankato Hy-Vee Hilltop - 2010 Adams St; Mankato JP Fitness - 1400 Madison Ave Suite 50; Mankato Mankato East High School - 2600 Hoffman Rd; Mankato Spring Lake Park - 650 Webster Ave; North Mankato Stillwater High School - 5701 Stillwater Blvd; Oak Park Heights, MN					1	2  SE: Make and Take Meals with Hy-Vee 1:00 - 2:30 pm @ Hy-Vee Hilltop
3	4 SO: Powerlifting 12:00 - 1:00 pm @ JP Fitness	5	6	7 SO: Powerlifting 12:00 - 1:00 pm @ JP Fitness NA: National Cereal Day 6:30 - 7:30 pm @ LEEP	8	9 SO: Powerlifting State Times TBD @ Stillwater HS
10	11 SO: Powerlifting Wrap Party 12:00 - 1:00 pm @ JP Fitness SO: Basketball 6:00 - 8:00 pm @ LEEP	12 NA: Creative Craft Night 6:30 - 7:30 pm @ LEEP	13	14 NA: Birthday Bingo 6:30 - 7:30 pm @ LEEP	15 SE: Game Night and Pizza 6:30 - 8:00 pm @ LEEP	16
17 	18 SO: Basketball 6:00 - 8:00 pm @ LEEP	19 SO: Swimming 5:30 - 7:00 pm @ East HS NA: Everyone is a STAR Karaoke 6:30 - 7:30 pm @ LEEP	20	21 NA: Indoor Kickball and Whiffle Ball 6:30 - 7:30 pm @ LEEP	22	23 SE: Science Museum and Omnitheater 11:30 am - 7:00 pm MEET @ LEEP
24	25 SO: Basketball 6:00 - 8:00 pm @ LEEP	26 SO: Swimming 5:30 - 7:00 pm @ East HS NA: Walking Club 5:00 - 5:45 pm @ Spring Lake Park	27	28	29	30
31 	OFFICE PHONE: 507-387-5122 EMAIL: INFO@MANKATOLEEP.ORG					

APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 SO: Swimming 5:30 - 7:00 pm @ EAST HS	3	4 NA: Birthday Bingo 6:30 - 7:30 pm @ LEEP	5	6
7	8 SO: Basketball 6:00 - 8:00 pm @ LEEP	9 SO: Swimming 5:30 - 7:00 pm @ EAST HS NA: Spring Flower Cookie Decorating 6:30 - 7:30 pm @ LEEP	10	11 NA: Dance Moves and More 6:30 - 7:30 pm @ LEEP	12  Beats and Sweets 7:00 - 9:00 pm @ LEEP	13
14	15 SO: Basketball 6:00 - 8:00 pm @ LEEP	16 SO: Swimming 5:30 - 7:00 pm @ EAST HS NA: Open Gym Night 6:30 - 7:30 pm @ LEEP	17	18 NA: Walking Club 5:00 - 5:45 pm @ Spring Lake Park	19	20 SE: Little Mermaid on Ice & Ice Cream 12:30 - 3:30 pm MEET @ LEEP
21 SO: Basketball Regionals Times TBD @ Gustavus	22 SO: Basketball 6:00 - 8:00 pm @ LEEP	23 SO: Swimming 5:30 - 7:00 pm @ EAST HS NA: "Take a Chance" Day 6:30 - 7:30 pm @ LEEP	24	25 NA: Popcorn and A Show 6:30 - 8:00 pm @ LEEP	26 SE: Friday Night Dinner Out 5:30 - 7:00 pm MEET @ PUB 500	27
28 SO: Swimming Regionals Times TBD @ Rochester Rec Center	29 SO: Basketball 6:00 - 8:00 pm @ LEEP	30 SE: Service with Heart May Day Baskets 6:30 - 8:00 pm @ LEEP	ACTIVITY LOCATIONS: LEEP - 1315 Stadium Rd; Mankato Gustavus Adolphus College - 800 W College Ave; St. Peter Mankato East High School - 2600 Hoffman Rd; Mankato Pub 500 - 500 S Front St; Mankato Rochester Rec Center - 21 Elton Hills Dr NW; Rochester Spring Lake Park - 650 Webster Ave; North Mankato			

OFFICE PHONE: 507-387-5122
EMAIL: INFO@MANKATOLEEP.ORG

LEISURE EDUCATION FOR EXCEPTIONAL PEOPLE
1315 Stadium Rd, Ste. 101
MANKATO, MN 56001

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RETURN SERVICE REQUESTED

ENRICHING LIVES THROUGH INCLUSIVE RECREATION,
SPORTING, AND HEALTHY LIVING OPPORTUNITIES.

PROUD PARTNER OF:



This newsletter is also available on the LEEP
website at www.mankatoleep.org
Editors: LEEP Team

BECOME A 2024 MEMBER programming with no limits

LEEP provides leisure education, recreation, and healthy living opportunities for people with intellectual and developmental disabilities. As a LEEP member, you'll have access to all the programs offered by LEEP, including night activities, special events, and Special Olympics. A yearly membership (January - December) is \$55. Drop off or send a check in the mail with "2024 Membership" in the memo line. Membership forms are available online as well.

JOIN LEEP TODAY!

**COMPLETE THE MEMBERSHIP FORM AND RECEIVE MEMBER BENEFITS!
MEMBERSHIP IS REQUIRED TO ATTEND LEEP EVENTS IN 2024!**

